

Instant Hypnotic Confidence

Listening Instructions

Directions for Use

Each file is thirty minutes in length. You'll hear four voices, all speaking at once.

Don't try and follow the voices consciously.

Simply relax and allow the suggestions to slip into your subconscious to change your beliefs about yourself. The more powerful your self-belief, the easier it will be for you to behave, and operate in the world so you can more easily get whatever you want.

Please visit Mind Persuasion to learn more about how you can use the incredible power of NLP and hypnosis to create absolutely anything you'd like in life.

If you have any questions, please feel free to contact us:

[Email](#)

Obliterate Social Awkwardness Destroy Social Anxiety Become Charismatic and Magnetic

Hypnotic Suggestions:

I love being in crowds

I love being the center of attention

people love me

people respect me

people admire me

people love hearing my ideas

people love finding out about me

people love talking to me

people are interested in me

I love people

I love talking to people

I love starting conversations

I feel at home in large groups

I love being an extrovert

I love being outgoing

I love introducing myself to strangers

I love going to new places

I love meeting new people

I always feel comfortable in social situations

I always feel at home in social situations

I feel natural in social situations

I feel centered in social situations

meeting new people is exciting

meeting new people feels wonderful

meeting new people is engaging

meeting new people gives me energy

being the center of attention gives me energy

I love talking to crowds

I love making people laugh

I love making people smile

I love being magnetic

I love being charismatic

I am magnetic

I am charismatic

I am outgoing

I am flamboyant

I love being surrounded by people

You love being in crowds

You love being the center of attention

people love you

people respect you

people admire you

people love hearing your ideas

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You love being charismatic

You are magnetic

You are charismatic

You are outgoing

You are flamboyant

You love being surrounded by people

Speak And Act Fearlessly Conquer The World With Powerfully Decisive And Dominant Action

Hypnotic Suggestions

I openly speak my mind

I release all fear

I release all doubt

I speak with confidence

I speak with persuasion

I speak with elegance

I speak with magnetism

my communication is attractive

my communication is powerful

I speak boldly

I speak fearlessly

I speak powerfully

I speak persuasively

I communicate boldly

I communicate fearlessly

I communicate powerfully

I communicate persuasively

I act decisively

I leave doubt behind

I act boldly

I act congruently

I take powerful action

I take bold action

I impress people with my boldness

I influence people with my boldness

I magnetize people with my boldness

I act swiftly

I act congruently

I act effectively

I act magnetically

I act dominantly

my actions dominate crowds

my speech dominates crowds

my magnetism dominates crowds

my presence dominates crowds

people worship me

people admire me

people respect me

You openly speak your mind

You release all fear

You release all doubt

You speak with confidence

You speak with persuasion

You speak with elegance

You speak with magnetism

your communication is attractive

your communication is powerful

You speak boldly

You speak fearlessly

You speak powerfully

You speak persuasively

You communicate boldly

You communicate fearlessly

You communicate powerfully

You communicate persuasively

You act decisively

You leave doubt behind

You act boldly

You act congruently

You take powerful action

You take bold action

You impress people with your boldness

You influence people with your boldness

You magnetize people with your boldness

You act swiftly

You act congruently

You act effectively

You act magnetically

You act dominantly

your actions dominate crowds

your speech dominates crowds

your magnetism dominates crowds

your presence dominates crowds

people worship you

people admire you

people respect you

Increase Self Esteem, Self Confidence, and Love With Positive Affirmation Brain Wave Hypnosis

Hypnotic Suggestions:

I love myself

I like myself

I appreciate myself

I respect myself

I support myself

I take care of myself

I am always learning

I am always getting better

every day in every way I get better and better

I forgive myself

I allow myself to make mistakes

I learn from my mistakes

I accept my past

I release my past

I allow myself to learn from my past

I appreciate my past

I appreciate my present

I appreciate my future

I forgive my past

I forgive others

I embrace my past

I embrace myself

I embrace my future

I share love with myself

I share love with others

I am comfortable alone

I am comfortable with others

I am OK

I am always OK

I will always be OK

I can handle any situation

I can learn anything

I will get through

I will continue

I will endure

I will succeed

I will triumph

I will win

You love yourself

You like yourself

You appreciate yourself

You respect yourself

You support yourself

You take care of yourself

You are always learning

You are always getting better

every day in every way You get better and better

You forgive yourself

You allow yourself to make mistakes

You learn from your mistakes

You accept your past

You release your past

You allow yourself to learn from your past

You appreciate your past

You appreciate your present

You appreciate your future

You forgive your past

You forgive others

You embrace your past

You embrace yourself

You embrace your future

You share love with yourself

You share love with others

You are comfortable alone

You are comfortable with others

You are OK

You are always OK

You will always be OK

You can handle any situation

You can learn anything

You will get through

You will continue

You will endure

You will succeed

You will triumph

You will win

Destroy Social Anxiety Feel Comfortable And Outgoing In Any Situation Easily Start Conversations

Hypnotic Suggestions

I feel comfortable in social situations

I enjoy social situations

I feel comfortable being the center of attention

I feel comfortable talking to strangers

I feel comfortable introducing myself to strangers

I feel comfortable starting conversations

It is natural for me to go out in public alone

It is natural for me to start conversations with strangers

It is natural for me to engage in small talk

I enjoy starting conversations

I enjoy meeting people

I enjoy talking to people

I enjoy introducing myself to people

I enjoy making new friends

I enjoy new experiences

I find people interesting

I find people kind and friendly

I find people engaging and comfortable

I am friendly

I am outgoing

I am talkative

I am confident

I am courageous

I am creative

I am a good conversationalist

I am interesting

I have plenty to offer

I am resourceful

people like me

people enjoy me

people appreciate me

people like you

people enjoy you

people appreciate you

You feel comfortable in social situations

You enjoy social situations

You feel comfortable being the center of attention

You feel comfortable talking to strangers

You feel comfortable introducing yourself to strangers

You feel comfortable starting conversations

It is natural for you to go out in public alone

It is natural for you to start conversations with strangers

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You enjoy starting conversations

You enjoy meeting people

You enjoy talking to people

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You enjoy making new friends

You enjoy new experiences

You find people interesting

You find people kind and friendly

You find people engaging and comfortable

You are friendly

You are outgoing

You are talkative

You are confident

You are courageous

You are creative

You are a good conversationalist

You are interesting

You have plenty to offer

You are resourceful

Conversational Magnetism Become An Outgoing And Confident Communicator

Hypnotic Suggestions:

I easily start conversations

I easily maintain conversations

I easily maintain several conversational threads

I welcome others into the conversation

I always elicit feelings of desire from people I speak with

I always elicit feelings of happiness from people I speak with

people enjoy talking to me

people enjoy sharing with me

people enjoy meeting me

people are interested in me

People are attracted to me

people are curious about me

people are fascinated in me

I am fascinated in people

I am attracted to people

I enjoy sharing with people

I enjoy meeting new people

I enjoy listening to people's stories

I enjoy listening to people's ideas

I enjoy listening to people's opinions

I easily elicit people's stories

I easily elicit people's ideas

I easily elicit people's opinions

I make people feel comfortable

I make people feel accepted

I make people feel welcome

I make people feel safe

I help people express themselves

You easily start conversations

You easily maintain conversations

You easily maintain several conversational threads

You welcome others into the conversation

You always elicit feelings of desire from people You speak with

You always elicit feelings of happiness from people You speak with

people enjoy talking to you

people enjoy sharing with you

people enjoy meeting you

people are interested in you

People are attracted to you

people are curious about you

people are fascinated in you

You are fascinated in people

You are attracted to people

You enjoy sharing with people

You enjoy meeting new people

You enjoy listening to people's stories

You enjoy listening to people's ideas

You enjoy listening to people's opinions

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You easily elicit people's opinions

You make people feel comfortable

You make people feel accepted

You make people feel welcome

You make people feel safe

You help people express themselves